

# KEEP AWAY

## OBJECTIVE

To practice the movement and passing skills necessary for successful Extra Man Offense play.

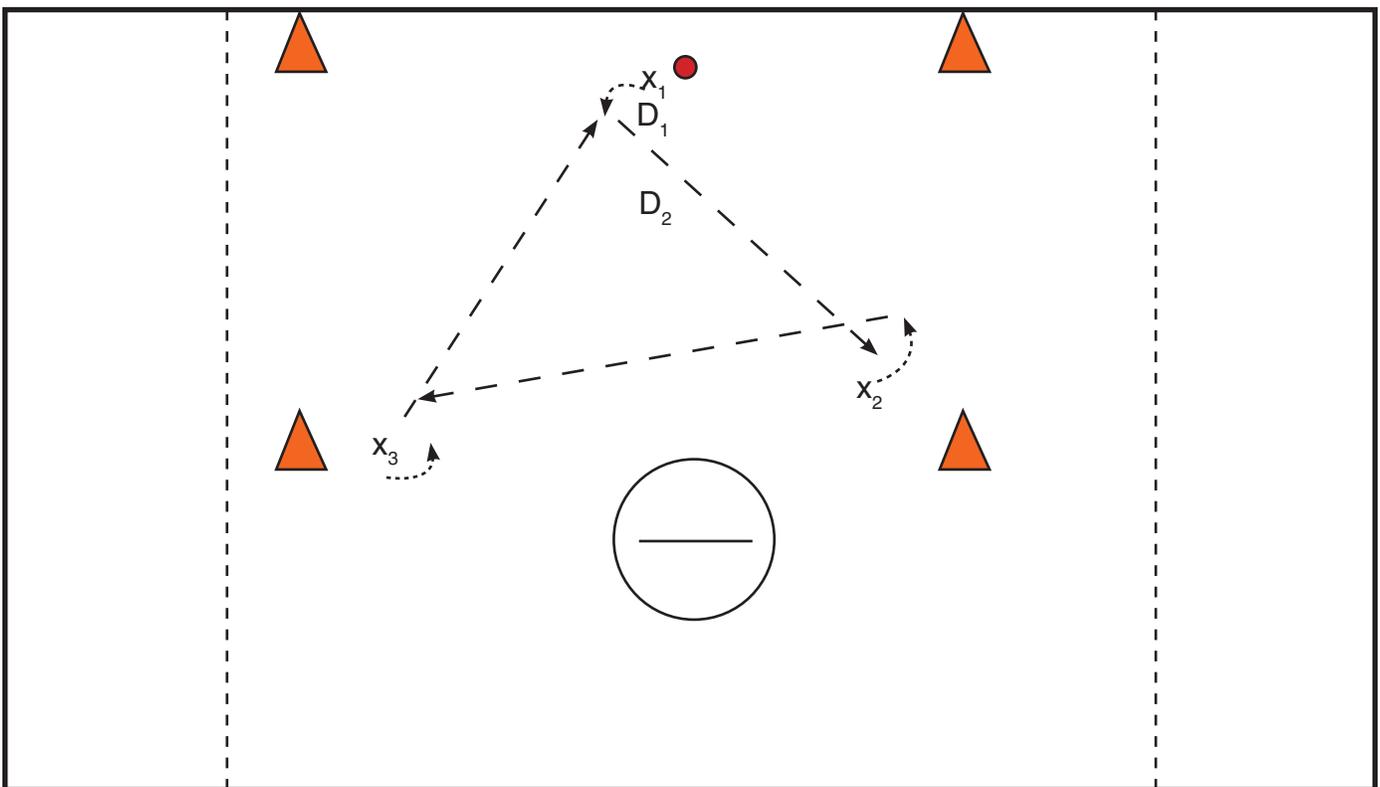
## SPACE/EQUIPMENT PLAYERS NEEDED

- Half-field
- Balls
- Cones

Only 10-14 players should participate in this drill at a time.

Set four cones in a box approximately 12 yards apart. Start three offensive players inside of the box in a triangle, and two defenders inside of them in an I-formation. On a coach's whistle, the offensive player with the ball should take several steps to his right and then throw the ball "behind" him to the player on his left. Upon receiving the ball, this second offensive player again takes a few steps to his right, and then throws the ball to the player "behind" him. As the offense continues in this pattern, the defense adjusts and reacts, trying to knock down/intercept passes and to force the offensive players out of bounds. The offense's object is to possess the ball for a given time period (30 seconds, 45 seconds, etc.). Once the ball is turned over or the time limit is reached, players rotate positions and the drill is reset.

## DRILL-EXECUTION



## SKILLS PRACTICED

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- Moving with the ball
  - Making tight passes under pressure
  - Finding the open man
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This drill can – and should – be practiced using both hands (for players to use their left hands, the direction of the drill must be reversed). To make this drill more game-like, allow the offensive players to “freelance” (i.e., to pass the ball in any direction and to any open teammate). To make it more realistic, add more offensive and defensive players. To make it more challenging, increase the amount of time that the offense must possess the ball.

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## VARIATIONS/PROGRESSION

## GOALIE INVOLVEMENT

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None

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Wing 3-on-2s

Wing 4-on-3s

No Skips (if you change your perspective to focus on the offense successfully completing skip passes)

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## RELATED DRILLS

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